**PDHPE Stage 4 Scope and Sequence Menindee Central School 2010**

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| --- | --- | --- | --- | --- |
| TERM | WEEK | THEORY UNIT | PRACTICAL UNIT | MAJOR ASSESSMENTS |
| TERM 1 | Week 1 | **Party Safe**  4.3 – Bullying & harassment, protective strategies  4.6 – Factors that affect health, drug use, sexual health  4.7 – Exploring risk, strategies to minimise harm, personal safety  4.11 – Communicating  4.12 – Decision-making  4.15 – Planning  4.16 – Problem-solving | **Aqua Aerobics**  4.4 – Demonstrates & refines movement skills  4.5 – Combines the features & elements of movement composition to perform in a range of contexts & environments |  |
|  | Week 2 |  |
|  | Week 3 |  |
|  | Week 4 |  |
|  | Week 5 | **Dance**  4.4 – Demonstrates & refines movement skills  4.5 – Combines the features & elements of movement composition to perform in a range of contexts & environments |  |
|  | Week 6 |  |
|  | Week 7 |  |
|  | Week 8 |  |
|  | Week 9 | Party Planning (10%) |
|  | Week 10 | Dance Assessment (10%) |
| TERM 2 | Week 1 | **Mind Matters**  4.2 – Mental health  4.6 – Mental health  4.7 – Strategies to minimise harm  4.8 – Accessing health information  4.11 – Communicating  4.16 – Problem solving | **Athletics**  4.4 – Demonstrates & refines movement skills  4.5 – Combines the features & elements of movement composition to perform in a range of contexts & environments |  |
|  | Week 2 |  |
|  | Week 3 |  |
|  | Week 4 |  |
|  | Week 5 | **Target Sports**  4.4 – Demonstrates & refines movement skills  4.5 – Combines the features & elements of movement composition to perform in a range of contexts & environments |  |
|  | Week 6 |  |
|  | Week 7 |  |
|  | Week 8 | Mid-Year Exam (10%) |
|  | Week 9 | **Invasion Sports**  4.4 – Demonstrates & refines movement skills  4.5 – Combines the features & elements of movement composition to perform in a range of contexts & environments |  |
|  | Week 10 | Reducing the stigma (10%) |
| TERM 3 | Week 1 | **Healthy Lifestyle**  4.6 – factors that affect health, healthy food habits  4.8 – assessing health information, products and services  4.9 – components of a balanced lifestyle, personal benefits of participation in physical activity, physical activity levels  4.10 – lifelong physical activities, health-related components of fitness, skill-related components of fitness  4.12 – decision making  4.15 – planning |  |
|  | Week 2 |  |
|  | Week 3 |  |
|  | Week 4 | **Lifelong Physical Activities**  4.4 – Demonstrates & refines movement skills  4.5 – Combines the features & elements of movement composition to perform in a range of contexts & environments |  |
|  | Week 5 |  |
|  | Week 6 |  |
|  | Week 7 |  |
|  | Week 8 | **Fitness Testing**  4.10 – health-related components of fitness, skill-related components of fitness |  |
|  | Week 9 | Benefits of Physical Activity ARC (10%) |
|  | Week 10 |  |
| TERM 4 | Week 1 | **Change & Challenges**  4.2 – Changes and challenges, seeking help, connectedness, interpersonal communication  Adolescence and change | **Target Sports #2**  **See above** |  |
|  | Week 2 |  |
|  | Week 3 |  |
|  | Week 4 | **Backyard Games**  4.4 – Demonstrates & refines movement skills  4.5 – Combines the features & elements of movement composition to perform in a range of contexts & environments |  |
|  | Week 5 |  |
|  | Week 6 |  |
|  | Week 7 | Final Exam (10%) |
|  | Week 8 | Bookwork (10%) |
|  | Week 9 |  | Weekly Reflections (20%) |
|  | Week 10 |  | Practical Participation (10%) |